

# Commonly Used Activities of Daily Living (ADL) Equipment

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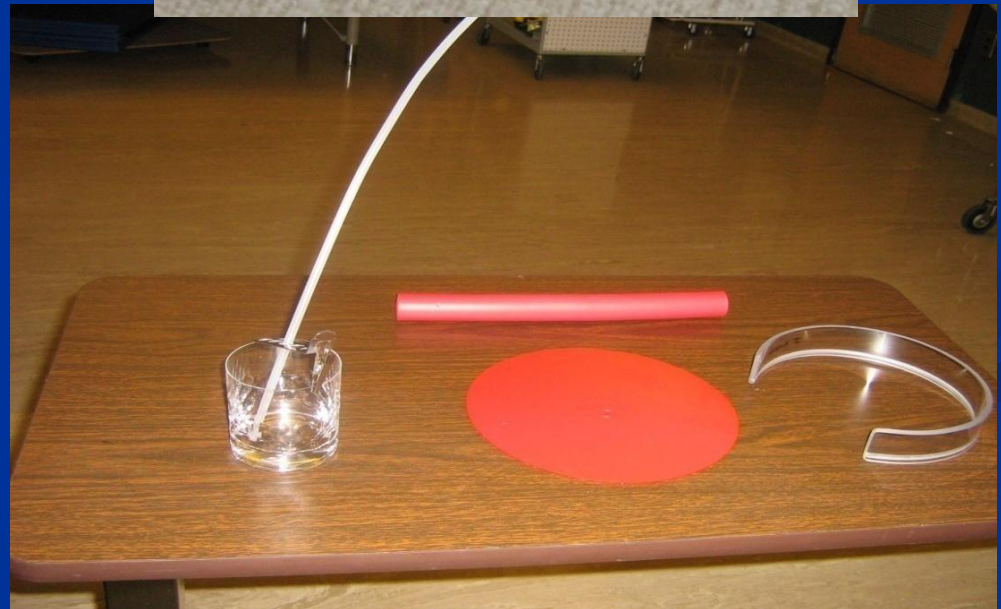
CATEA/mRERC – Georgia Institute of Technology



# Feeding equipment

- Commercially available equipment for feeding

1. U-cuff
2. Long straw
3. Plate guard
4. T-handle cup
5. Built up foam



# T-handle cup used with tenodesis

- Lightweight
- Anti-spill lid with straw hole



# Other options for cups





# Dining with dignity



# Feeding equipment

- Dining with dignity



# Padded Laptray







## Scottie lap tray

Tray for patients to put on lap for a flat eating surface



# Adapting toothbrush



- Electric toothbrush with u-cuff
- Might be heavier to hold, but can generate more power to brush
- Have patient look for lighter weight electric toothbrushes ( battery operated, not on a charger)

# Electric toothbrush



- Building up the on/off button to make easier

# Raised Bumpers used to modify recessed or flush mount buttons





# Grooming Continued

- **Shaving:** U-cuffs attached to electric razors
- Or straight razors placed in homemade u-cuffs or in quad glove





# Hair care

- **Comb Hair:** adapted brushes, hairdryer holders
- You can also put a straight iron in the hair dryer stand



# Applying foundation



- Tongue depressors and makeup sponges come in handy
- Used with a Ucuff or Wrist splint



# Rubber bands can help





As tenodesis gets stronger you may not need rubber bands





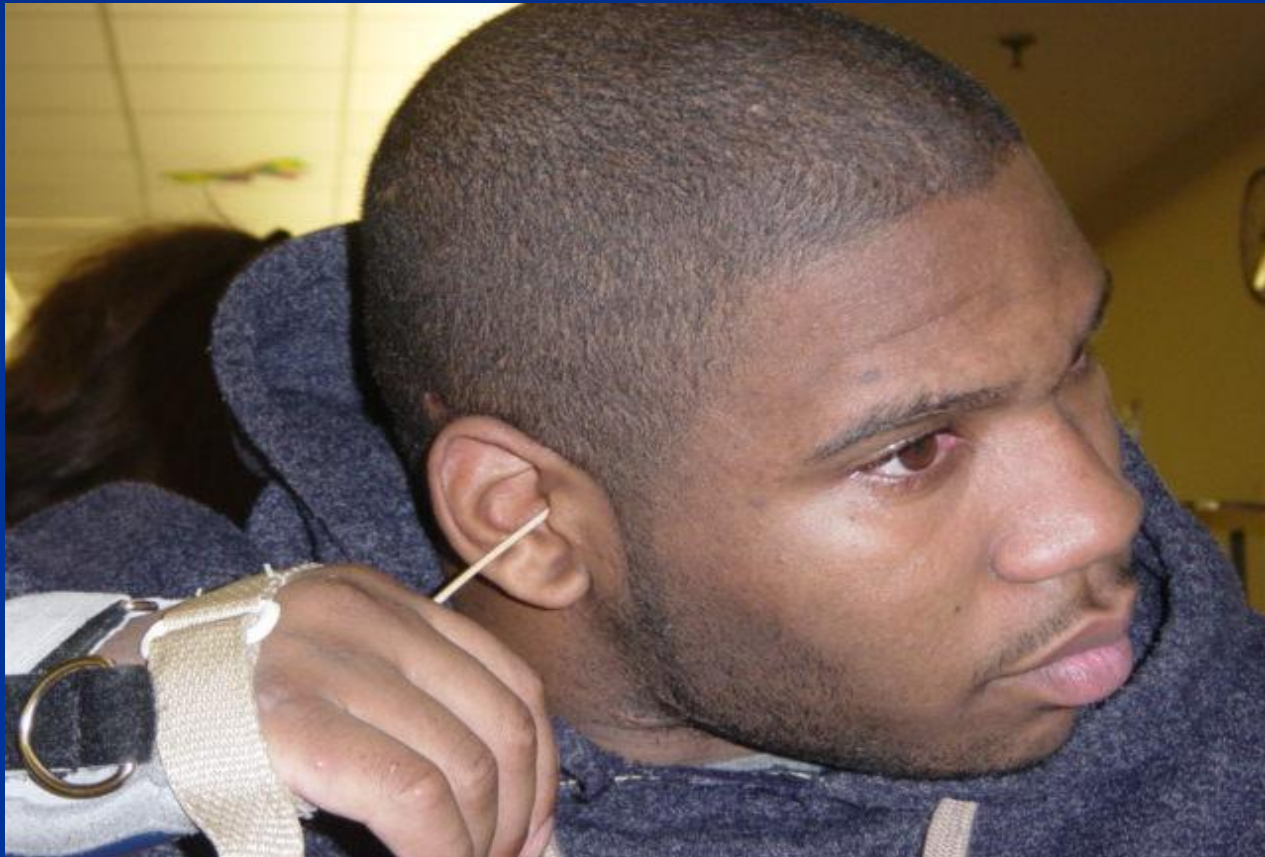
# Grooming



Sammons Preston- adapted nail clippers



# Long cotton swab in u-cuff



# Communication

- Equipment for writing include:
  - Wanchiks
    - Long
    - Short





# Communication

- U-cuff with right angle pocket
- Built up foam



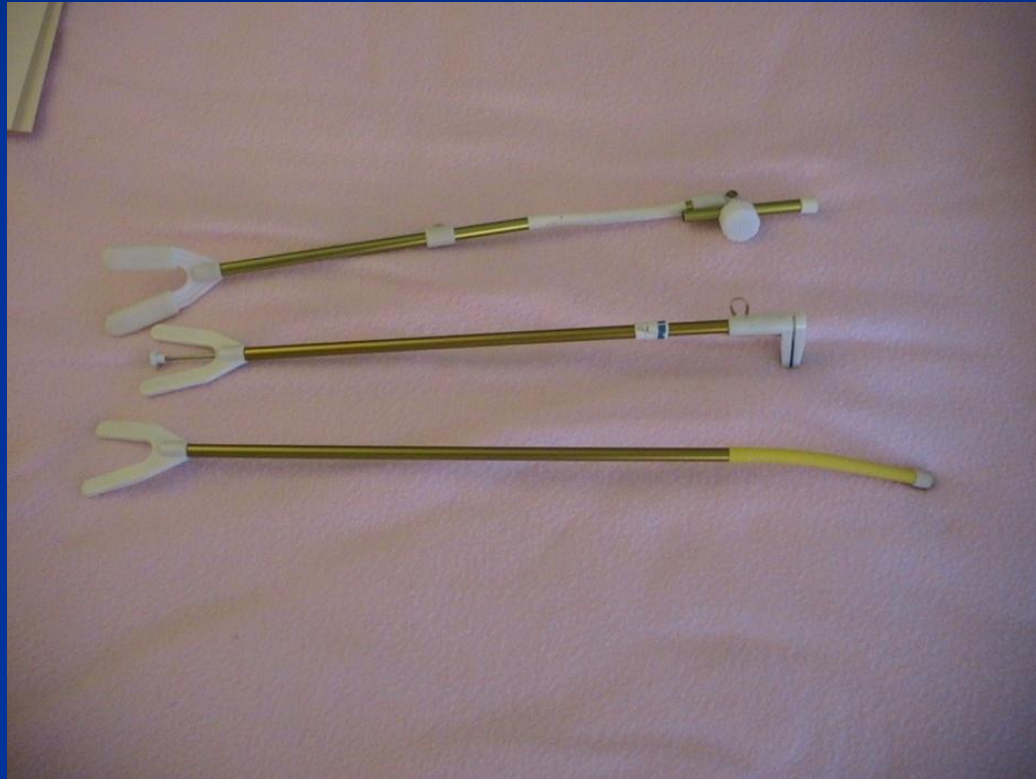


# Other writing equipment

- Pen again- is useful for strong C6's



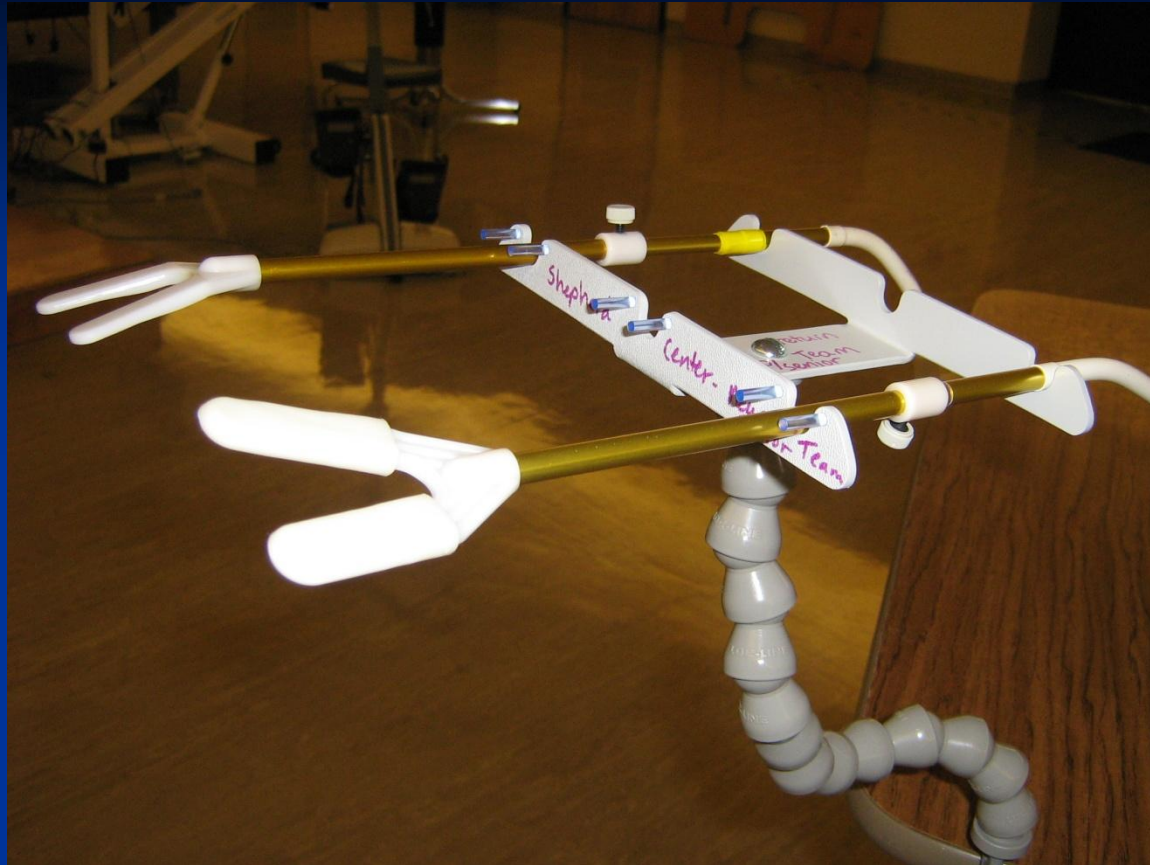
# Mouthsticks



# Mouthstick holders





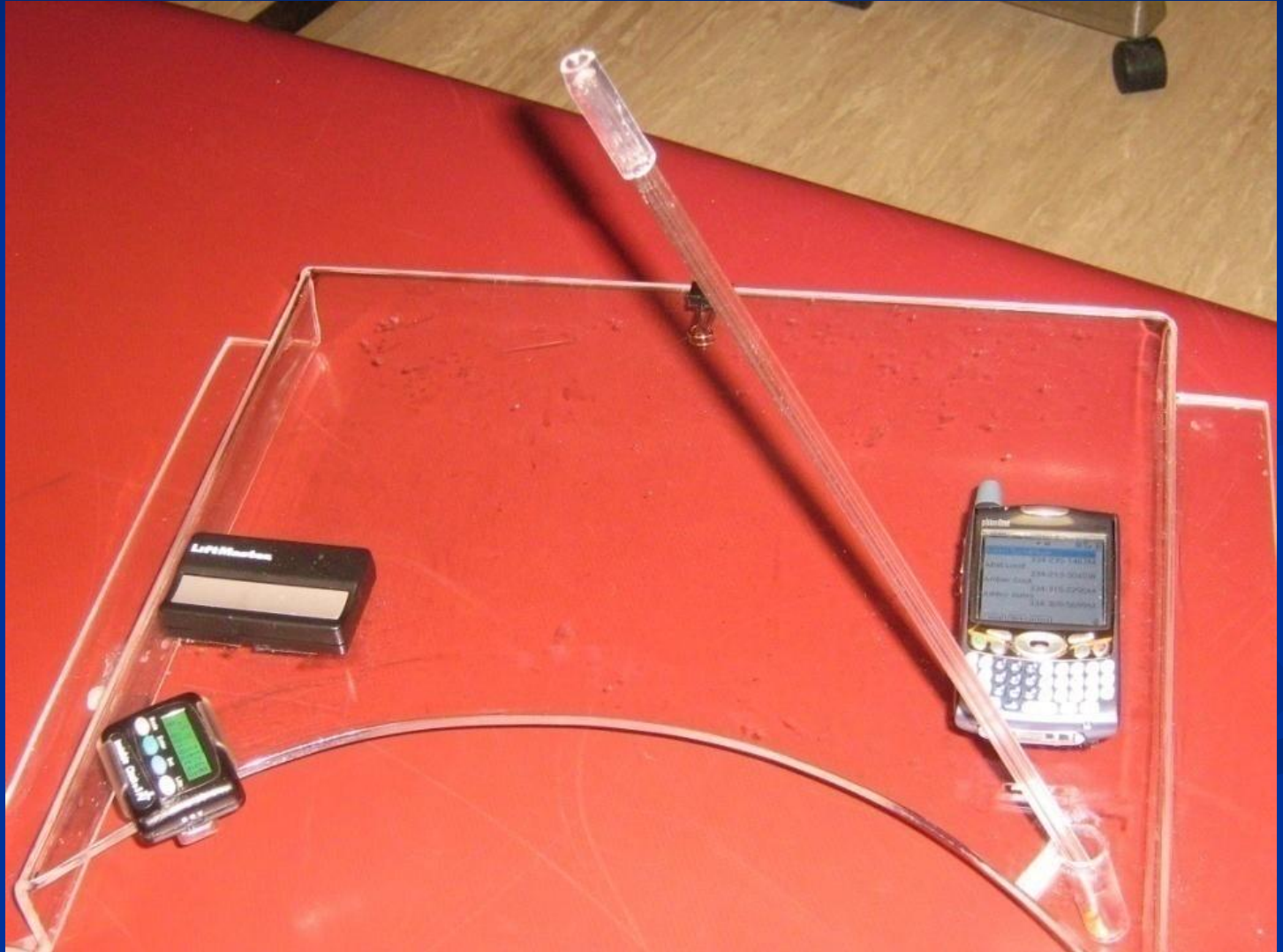


## Mouthstick holder

Ideal for patients who are using more than one mouthstick at a time such as while painting

# Other Communication devices

- Velcro to lap tray



# Typing ideas

- Pencil in u-cuff  
sometimes easier than  
typing splint





# Typing Splint



# Communication

- Universal holder for the telephone





# Sip and Puff phone





# Cell Phone Adaptations

- Universal holder
- Velcro
- Patients are now using I-phone with touch screen





Plexiglass straw – to make hitting  
cell phone buttons easier

# Dressing “Hook” Splints



Splint fabricated from orthoplast has a “hook” that can be used to pull pant material



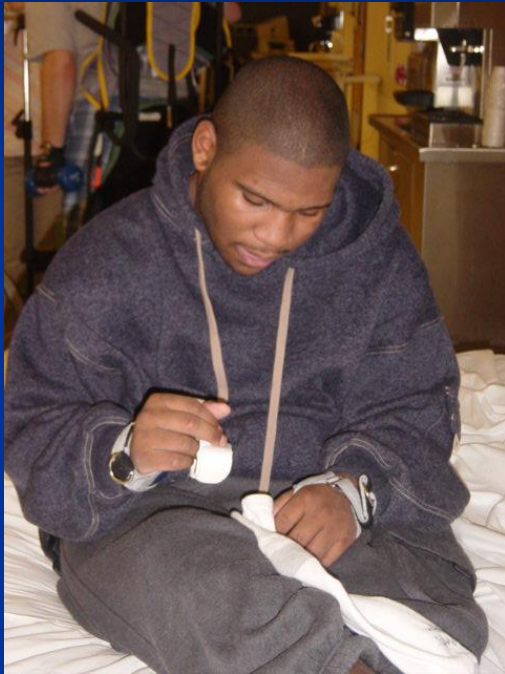


# Pant Loops



Loops stay inside the pants and a second larger loop is attached when the person is dressing

# Sock Aid



Putting sock on  
aid



Starting sock  
over foot



Pulling sock  
aid out

# Adapting Shoes



Webbing riveted to heel  
of shoe

Creating a loop to pull





# Low-tech Assistive Devices for Bathing

Plexiglas  
table



Lever control

# Adapted Bathing Sponges



Sponges adapted with  
splinting material





# Adapted Bathing Sponges Cont'd



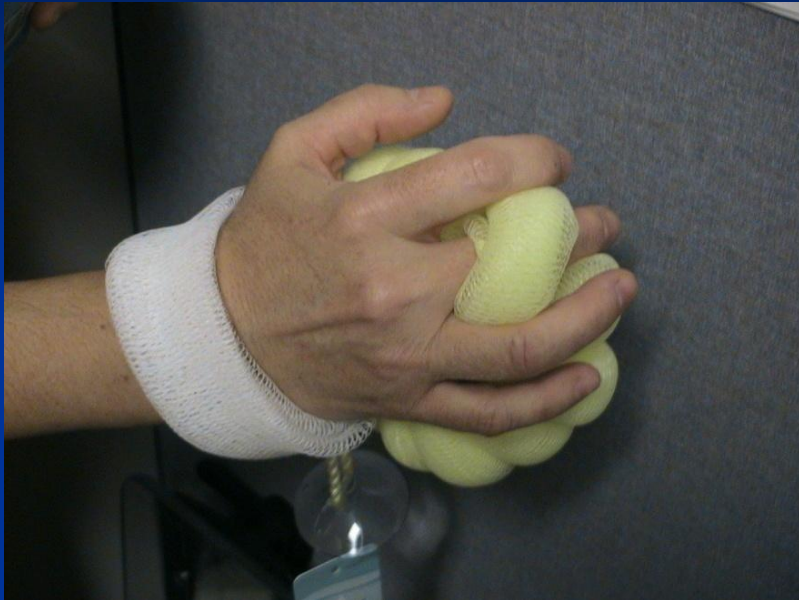
Long handled sponge adapted with splinting material

Back scrubber with thumb loops





# Adapted Bathing Sponges, Cont'd



# Transporting Supplies



In a fanny pack  
under the chair.



In a back-pack

# Transporting Supplies: Case Logic Bags



[www.caselogic.com](http://www.caselogic.com)



# Bathroom Equipment:

- Roll In Shower Chairs
- Padded Tub Benches
- Raised Padded Toilet Seats
- Grab Bars
- Waterproof Tub Cushions



# Low-Tech Commercially Available Products

- Ov Glove
- Available on Amazon.com
- One Touch Can opener
- Available at OneTouchOpener.com



# Low-Tech Commercially Available Products

## ■ Electric Jar Opener

- Works with a touch of a button
- Available at [Amazon.com](https://www.amazon.com)



## ■ Push/Pull Helper

- Available at [sammonspreston.com](https://www.sammonspreston.com)



# Tricks in the Kitchen

- Use lap tray with dycem (shelf liner)
- Keep dressing stick nearby



- Roll under sink
- Trash can nearby that slides out easily

# Tricks in the Kitchen

- Pull out drawers
- Hook and lean



- Use dressing stick to lift hot lids
- Convection stove

# Tricks in the Kitchen

- Use a wooden block under a can opener

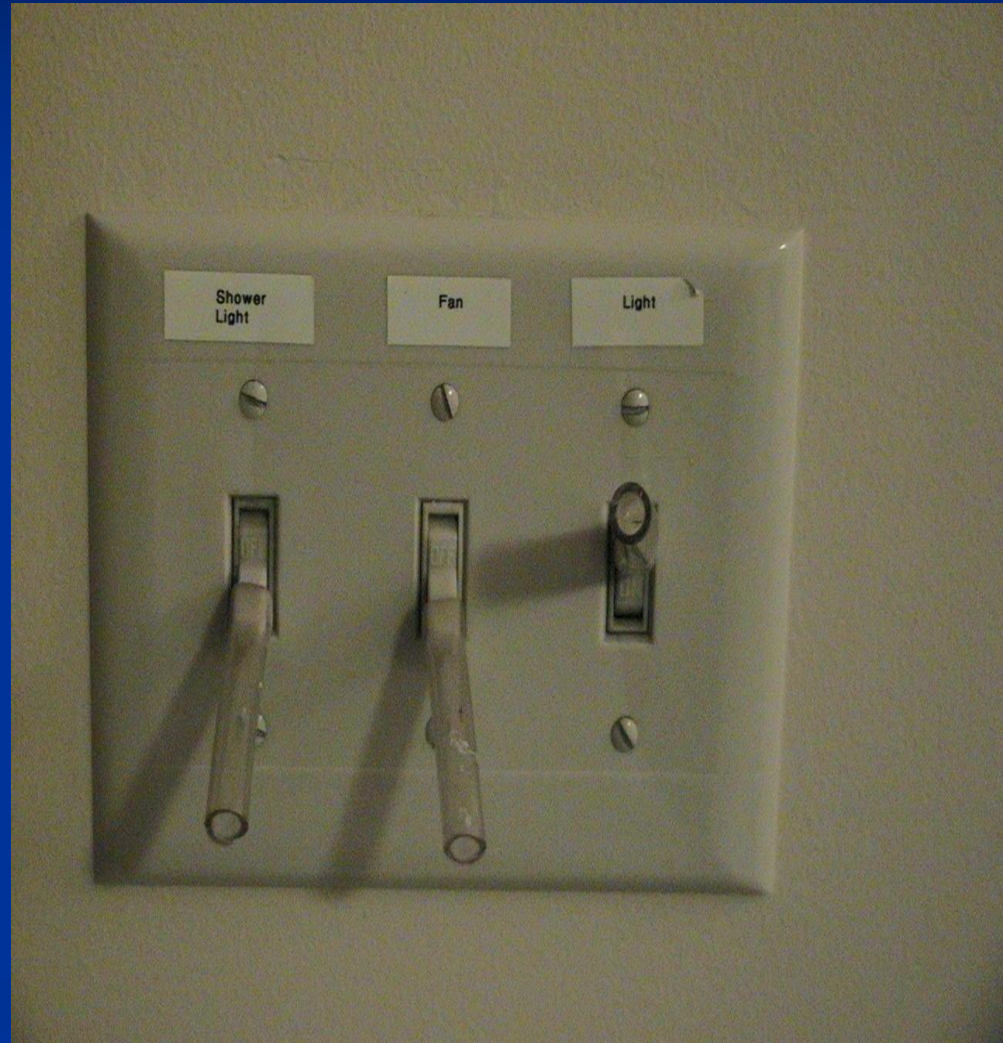


- Use dressing stick on oven racks
- Move item to oven door to cool



# Low tech adaptations

Adaptive light switches  
for a mouthstick



# Some Resource Websites:

- [www.sammonspreston.com](http://www.sammonspreston.com) Best place to look!
- [www.amazon.com](http://www.amazon.com)
- [www.ncmedical.com/category-adl](http://www.ncmedical.com/category-adl)
- [www.therafin.com/](http://www.therafin.com/)
- [www.youtube.com](http://www.youtube.com)
- [www.als-mda.org/publications/everydaylifeals/ch1/](http://www.als-mda.org/publications/everydaylifeals/ch1/)
- [www.activeforever.com/s-77-independent-living.aspx](http://www.activeforever.com/s-77-independent-living.aspx)

# Other:

- Medtrade Show Nov 16-18 Atlanta  
<http://www.medtrade.com/>  
\$25 entrance fee  
Vendor driven
- Abilities Expo Oct 15-17 Cobb Galleria  
<http://www.abilitiesexpo.com/>  
Free admission  
Consumer driven